



Rush-Hour Pork Stir-Fry

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup asian sesame dressing toasted kraft
- 2 cups broccoli slaw
- 0.5 tsp garlic powder
- 1 lb pork tenderloin cut into strips
- 16 oz stir-fry vegetables green red yellow frozen (, and peppers, onions)
- 2 Tbsp lite soy sauce

Equipment

- frying pan

Directions

- Heat large skillet sprayed with cooking spray on medium-high heat.
- Add meat; stir-fry 5 min. or until lightly browned.
- Add stir-fry vegetables; stir-fry 5 min. or until heated through. Stir in dressing, soy sauce and garlic powder; cook on medium heat 2 min. or until heated through, stirring occasionally.
- Remove from heat.
- Stir in broccoli slaw.

Nutrition Facts



Properties

Glycemic Index:2.6, Glycemic Load:0.78, Inflammation Score:-6, Nutrition Score:4.984347815099%

Nutrients (% of daily need)

Calories: 48.06kcal (2.4%), Fat: 1.9g (2.92%), Saturated Fat: 0.39g (2.45%), Carbohydrates: 3.26g (1.09%), Net Carbohydrates: 2.49g (0.9%), Sugar: 0.23g (0.26%), Cholesterol: 11.79mg (3.93%), Sodium: 125.88mg (5.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Vitamin A: 958.76IU (19.18%), Vitamin B1: 0.21mg (13.82%), Vitamin C: 10.31mg (12.5%), Vitamin B6: 0.17mg (8.72%), Selenium: 5.91µg (8.44%), Vitamin B3: 1.54mg (7.71%), Phosphorus: 63.81mg (6.38%), Vitamin B2: 0.09mg (5.27%), Potassium: 146.87mg (4.2%), Manganese: 0.08mg (3.77%), Zinc: 0.47mg (3.12%), Fiber: 0.77g (3.07%), Magnesium: 12.14mg (3.03%), Folate: 11.97µg (2.99%), Iron: 0.48mg (2.67%), Vitamin B5: 0.24mg (2.36%), Copper: 0.04mg (1.97%), Vitamin B12: 0.09µg (1.57%), Vitamin K: 1.4µg (1.33%), Vitamin E: 0.17mg (1.1%), Calcium: 10.78mg (1.08%)